ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

Fr. John Black, parish administrator **(610) 427-9279** **johnmblack@gmail.com**

March 30, 2025 – 4th Sunday of Lent
on which we remember St John of Sinai,
the author of "The Ladder of Divine Ascent"

This Week

Sat March 29 – No Vespers
Sun March 30, 9am – Divine Liturgy & fellowship (Fr Edward Hughes)

Wed April 2, 9am – Presanctified at Ss. Constantine & Helen
Thurs April 3, 7pm – Great Canon with the Life of St Mary of Egypt

Sat April 5, 4:30pm – Great Vespers
Sun April 6, 9am – Divine Liturgy & fellowship (Fr John Black).
Parish Council during coffee hour.
Tues, April 8, **7pm – Choir Rehearsal**. (Possibly also Thurs 4/10).
Wed, April 9, 6:00pm – Presanctified HERE at St Hermans.

Announcements

On Thursday April 3, we will celebrate the Great Canon for the 5th Thursday, with the reading of the Life of St Mary of Egypt. This is a unique opportunity to hear this moving account of her life within the context of the divine services. We hope to see you there.

THANK YOU to Fr Edward for serving last week and today. And thank you to Daria for taking pictures for our social media.

Hymns of the Day

Resurrection (Tone 7)

By Thy Cross Thou didst destroy death. / To the thief Thou didst open Paradise. / For the Myrrhbearers Thou didst change weeping into joy, / and Thou didst command Thy disciples, O Christ God, / to proclaim that Thou art risen, // granting the world great mercy.

Venerable Herman of Alaska (Tone 7)

O joyful North Star of the Church of Christ, / guiding all men to the heavenly kingdom, / teacher and apostle of the true faith, / intercessor and defender for the oppressed, / adornment of the Orthodox Church in America: / blessed father Herman of Alaska, pray to our Lord Jesus Christ for the salvation of our souls!

For St John of the Ladder (Tone 1)

O dweller of the wilderness and angel in the body, / you were a wonderworker, O our God-bearing Father John. / You received heavenly gifts through fasting, vigil, and prayer, / healing the sick and the souls of those drawn to thee by faith. / Glory to Him Who gave thee strength! / Glory to Him Who granted thee a crown! // Glory to Him Who grants healing to all!

Resurrection (Tone 7)

The dominion of death can no longer hold men captive, / for Christ descended, shattering and destroying its powers. / Hell is bound, while the Prophets rejoice and cry: / "The Savior has come to those in faith; // enter, you faithful, into the Resurrection!"

Glory... St John of the Ladder (Tone 4)

The Lord truly set thee on the heights of abstinence, / to be a guiding star, showing the way to the universe, // O our father and teacher John.

Now & ever ... For the Mother of God (Tone 6)

Steadfast protectress of Christians, / constant advocate before the Creator; / despise not the entreating cries of us sinners, / but in your goodness come speedily to help us who call on you in faith. / Hasten to hear our petition and to intercede for us, O Theotokos, // for you always protect those who honor you!

Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Fr. Daniel Skvir, Matushka Myra Kovalak, Marcia Lutz, Bernard Kusior, Julia Jay.

Memory Eternal: Mitered Apr. Daniel Skvir (3/23) Apr. Paul Harrilchak (3/12). Pr. Jonas Worsham (3/8).

Attendance

Sun Feb 23 Liturgy: 25 adults, 3 children (Communion: 21 adults, 3 children)
Sat Mar 1 Vespers: 5 adults, 0 children
Sun Mar 2 Liturgy: 22 adults, 0 children (Communion: 10 adults, 0 children)
Sun Mar 9 Liturgy: 25 adults, 0 children (Communion: 18 adults, 0 children)
Sat Mar 15 Vespers: 0 adults, 0 children
Sun Mar 16 Liturgy: 25 adults, 0 children (Communion: 18 adults, 0 children)

People feel unhappy and they don't know why. They feel that something is wrong, but they can't put their finger on what. They feel uneasy, confused, frustrated, alienated and estranged – and they can't explain it. They have everything and yet they want more; and when they get it, they are still empty and dissatisfied. **They want fulfillment and it never seems to come.** Everything is fine and yet everything is wrong....

... Here in America, this is almost a national disease. It is covered over by frantic activity and endless running around; it is buried in activities and events; it is drowned out by television programs and football games. **But when the movement stops and the dial is turned off and everything is quiet...** then the dread sets in, the meaninglessness of it all, the boredom and the fear...

... St. Augustine said more than 1500 years ago, ***"and we will be forever restless until we rest in Him."*** Our lives are made for God and **we will be unsatisfied, unfulfilled and frustrated until we find our home with Him.** Nothing in this fallen world can, of itself, bring us the peace that we seek. God alone can do that because He alone is our home. And we are His...

– Fr Thomas Hopko, *The Lenten Spring*

A Warm Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite **all of you** downstairs to our parish hall for fellowship following the veneration of the Holy Cross.

Please find the schedule of services and Fr. John's contact info in the bulletin. If you have any questions at all, please reach out any time. *We hope to see you again!*

Please note: **In the Orthodox Church, the receiving of Holy Communion** is the sign of one's **full participation in the mystery of the Faith**, and all Orthodox Christians should receive it frequently.

For this reason, Communion is given only to those Orthodox Christians that have properly **prepared themselves** to receive it: through prayer, fasting, and a recent confession; and who have attended the Holy Liturgy from the beginning, and are ***at peace with each other***. Those who partake of the Eucharist normally fast from food and drink in the morning before the Divine Liturgy, if they are able.